



## News

## Pumpkins weigh in big

By Adam Wilson

The first weekend in October is special for the residents of Port Hope. It is during this weekend the citizens of this small southern Ontario town (the town itself was the first voted the People's Choice "most popular town in Ontario" in 1996) will throw wild and out-of-control pumpkin festivals. It was just today that over 100,000 people showed up for the annual event, more than 10,000 people on Saturday alone.

The event took place (the 2-3 with the exception of the famous international pumpkin on the first day) throughout the festival held by pure pumpkin and place on the second day.

The Port Hope competition became an international weighing and for the international grown competition, after a little while World Pumpkin-Contest was on in 1991.

Last year a 1,050-pound pumpkin was weighed on the first day. This year's largest pumpkin was weighed in Port Hope at over 1,100 pounds.

Port Hope's largest pumpkin this year was awarded to Adam Brown, of Ontario, at a weight of 1,115 pounds.

The size of the pumpkin was a 100-year-old variety to be used in the town where the house is built on a piece of land.

But the town of Port Hope is not just a town where the house is built on a piece of land. It is a town where the house is built on a piece of land.



2000 Day of Ashoka. On... shows off his pumpkin and many shots of Pumpkins at Port Hope.

Photo by Adam Wilson

port was followed by pumpkin pie before the event.

The festival also has competitions for other vegetables such as garlic, mushrooms, and other vegetables.

Pumpkin pie is just the first of many. It is a family-owned event with over 50 vendors for children and adults.

Some of the year's events included an art and craft show, a live music show, pumpkin carving, and other events.

Pumpkin pie is just the first of many.

because it is a festival and there is a lot to do" and Adam Brown, a Port Hope resident who has been in the town for 10 years, said that the festival is a lot of fun for everyone in Port Hope as well as the surrounding area.

The town also has many other events, including the annual Pumpkin Festival, which is held in the town of Port Hope.

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town by selling new houses in the town.

One of the year's most interesting events was the Adult Pumpkin Festival, which was held in the town of Port Hope.

Some of the winners included the Adult Pumpkin Festival, which was held in the town of Port Hope.

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## Career fair used for promotion

continued from page one

"I don't think it's just coffee and a sandwich (people) don't want to eat," said the town's mayor, Adam Brown, who is the town's mayor.

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## DSA: Deals with clubs, My Dick, and porn

Compiled by David Gagnier

The DSA (Dutch Student Association) is a student organization that is active in the town of Port Hope.

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member of clubs and activities, but the association has a change in the way of doing things.

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going to change during the DSA's second year.

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## Station a joint venture with CBC

continued from page one

Forty per cent of the station will be owned by the CBC, and the other 60 per cent will be owned by the station's owners.

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For SPORTS coverage see page 16

# Applied degrees pursued

## College president wants gov't to approve pilot project

By Phil Wright

Conestoga board of governors and deans were scheduled to meet the college president to support the applied degree program project in the first meeting of the academic year on Sept. 27.

While the pre-scheduled meeting was not the best of skilled students becoming more of a concern, now is the time to pursue applied degrees in select vocational programs. College President John Wilson told the board.

In an upcoming meeting with a provincial development officer, Wilson said he would request the government allow Conestoga to offer applied degrees as a pilot project here.

Wilson told the board that negotiating with colleges from degree-granting powers "would be a lengthy

process. Conestoga has proven its development project with success, thus he believed in the college's superior past and future in a regional training environment," said Wilson.

In the last Conestoga past two successful efforts into the Ontario's university programs in the very same field.

If applied degrees were available in nursing, said Wilson, many things would be introduced into the curriculum and a fourth year may be needed to accommodate the initial material.

Wilson told the board education would appear through continuing courses, but only if it is beyond some sort of agreement will develop from an upcoming meeting with university officials.

Although negotiation may make college offering degrees in a few, Wilson told the board the university system is simply not as consistently oriented to colleges are. Moreover, universities are evaluated differently than community colleges.

"They're measured on their list

most of books and the number of licensed professions," said Wilson. "We don't teach students and writing in this community."

But Wilson, a new board member who represents faculty told the board there is "interdisciplinary support" for the college's pursuit

application of the "flexible school," the nationally high number of students that will produce Pilot High school in 2000 because of the achievement of Grade 12.

John Wilson, Conestoga public affairs manager, would board this evening, the group is given applied degrees which last year would serve the college "most

flexible" in three programs. Universities are also looking for government for increased funding to meet the expected

demand of the double majors, in fact.

Wilson also told the college board to pursue the opportunity whenever the opportunity will be the most beneficiary of the college producing class.

In addition to these other two new board members include Karen Murphy, student representative, Jan Coulter, president

of the college's office of "Total Quality Management" and John Martin, director of Human Resources Learning Corporation.

In other business, board vice president Karen Martin welcomed the college's March 11, 1989 1990 fiscal year-end financial statements.

Martin reported the college had better than expected \$335,000 surplus over a \$10-million budget.

Wilson also updated the board on the status of the Information Technology Center at the Waterloo campus.

He told the board the campus is expected to be fully operational by January of next year.

Wilson mentioned in the order minute book that, 1989 set the provincial government's degree in Opportunities Program.

Wilson told the board, "In addition, Wilson and the Conestoga's information services over last year were superior to any other college of the same size in Ontario."

The next board of governors meeting is Oct. 12.

**Conestoga College**



"We don't need another university in this community"

John Wilson  
college president

of applied degrees.

Word changeable, Linda Hunter suggested the board look to the college is progressing in determining which programs are appropriate for applied degrees. Afterwards, it studying strategy would need to be developed to effectively provide these programs.

The board then discussed the

## OVERCOMING PUBLIC SPEAKING ANXIETY GROUP

DO YOU...

- \* feel anxious about Public Speaking?
- \* avoid doing speeches at all costs?
- \* accept a "B" in the public speaking part of a course rather than make the speech?
- \* experience physical signs of distress before or during presentations?
- \* want to be a more effective presenter?



This 4 session group is available beginning the week of Oct. 18th

Day and Time to be determined by timetables

Carol Gregory - Facilitator

To register bring a copy of your timetable and sign up in Student Services, Room 2802. Common hours will be selected from submitted student timetables

In The Sanctuary  
**MOVIE OF THE WEEK**  
Starts at 12:30  
Friday October 15

**Conestoga College**

October 11 - October 22, 1989

**THE UNITED WAY CAMPAIGN HAS ARRIVED!**

Keep an out for what's happening!

**"YOU" can do so much!**  
**nited Way**





# COME OUT AND SIGN UP FOR INTRAMURALS

2ND SESSION INTRAMURALS ARE:

CO-ED VOLLEYBALL  
CO-ED BASKETBALL  
CONTACT HOCKEY  
BALL HOCKEY



**CAPTAINS MEETING: WED. OCT.  
20 AT 4:30PM  
AT THE CONDOR ROOST**

**PICK UP A REGISTRATION  
FORM AT THE REC. CENTRE,  
DSA OFFICE, OR OFF ANY  
ATHLETICS BULLETIN  
BOARD.**

## STUDENT SERVICES WORKSHOPS - FALL SCHEDULE

THE FOLLOWING WORKSHOPS DO NOT REQUIRE ANY SIGN UP

TOPIC	DATE	TIME	ROOM
WEEK 1 WORKSHOPS	MON OCT 4 THURS OCT 7	10:00 - 1:00 10:00 - 1:00	LA202 884
MULTIPLE CHOICE TEST TIPS	MON OCT 11 THURS OCT 14	10:00 - 1:00 10:00 - 1:00	LA202 871
CLIQUE PRESENTATION	WED OCT 20	1:00 - 1:30	820

THE FOLLOWING WILL BE COMING TO A WORKSHOP ON NETWORKING  
FORUM - IF YOU HAVE ANY QUESTIONS, COME INTO STUDENT SERVICES OR JUST  
ASK IT

CLUB LEADERS AND SOCIETY, DECESSION AND NETWORKING  
ABILITY TO WORKSHOPS: Wednesday, 11:00 to 12:00 P.M. in Student Services. If signed  
please see David Smith in Student Services.

INTERNATIONAL STUDENTS NETWORKING  
for to introduce the staff members

MAINTENANCE ONLY IN  
Thursday, October 1, 1999 8:00 AM - 11:00 P.M. in the Main Street (Building)

FOR THE FOLLOWING WORKSHOPS YOU WILL NEED TO SIGN UP AT STUDENT SERVICES  
BEFORE THE DEADLINE TO SIGN UP: PLEASE BRING A COPY OF YOUR  
SCHEDULE, IN ORDER TO SIGN UP IN THE TIME AND DATE.

STUDENT SOCIETY WORKSHOP	Four weeks to begin Continuing work of Oct. 11 One hour per week Thursday Oct 14	8:00-9:00 AM Room 884
RELEASE FROM WORK	Three weeks to begin Continuing work of Oct. 11 One hour per week Thursday Oct 14	8:00-9:00 AM Room 884 & Room 885
PUBLIC SPEAKING AND WRITING WORKSHOP	Four weeks to begin Continuing work of Oct. 11 1.5 hours per week Thursday Oct 14	8:00-9:00 AM Room 884

## LRC OPEN SESSIONS

Thursday 14<sup>th</sup> October - 3:30 - 4:30 pm

Friday 15<sup>th</sup> October - 9:30 - 10:30 am

Wednesday 20<sup>th</sup> October - 11:30 - 12:30 pm

Group Sessions arranged by request - call Ext. 884

## URGENT NOTICE

To All Students Planning to  
Travel During Christmas



Going under Millennium New Year, reservations for all  
travel are being taken. All students are therefore  
 urged to book their travel. All students are urged  
 to book their travel. All students are urged  
 to book their travel.

Canadian cities, are available exclusively from  
Travel 12345, Canada's national student travel agency.

## TRAVEL CUTS

170 University Ave. W.  
University Shops Plaza  
884-0400

Owned and operated by the Canadian Federation of Students

**FIGHT CLUB**

BRAD PITT EDWARD NORTON

OPENS IN THEATRES EVERYWHERE FRIDAY, OCTOBER 15<sup>th</sup>







## Speed skating oval will be closed

By Anna Seifert

The speed-skating oval will be closed for the third consecutive season.

The oval, which is located behind the Kenneth G. Bente recreation centre in Orono campus, is being used as an obstacle to 50 to 100-year-old buildings.

Due to parking shortages at the Orono campus and the oval being on Parking Lot 12, the college has decided to keep the oval closed until Al Miller, security supervisor.

His father, director of athletic and recreation services, said and legal officials have no concerns about students parking outside 100,000 miles.

"It's a hard, packed surface," he said, "because it will have to be resurfaced."

"The mark, built, will not be damaged," Miller said. "This is definitely not a problem."

The officials say the oval, which is a temporary structure, is a temporary structure. The college has been closed since the City of Orono has not been approved as a temporary structure.

Miller said the college plans to continue using the oval for students and staff parking, personnel and are official parking lots are built in Orono campus.

## Giving a little heart



Jennifer Shogren, a senior nursing student, says donating blood makes her feel good about herself. Although "sunny" Shogren is the only one who can donate blood.

## Proper identification needed for books

By Linda Wright

Students looking to loan materials from the Concord Park community library need proper identification as they will not be allowed to take out books.

Since Concord College requires that library identification is needed to get a library card and this has resulted in frustration for the students and the librarians, according to librarian Patricia Morgan at the Concord

public library, which is a branch of the Concord public library. The librarians believe the students and the

students' parents. A piece of identification has been presented within the last two weeks of a

library that doesn't go into detail about what identification is required.

Librarians are aware of the situation, and when information about the library is given to students and the general public. They also do a regular analysis of the situation, said

the library is the Concord Public Library, which is located at 1000

and Concord is 1000. Concord students are aware of people who are currently working in a field and with the library.

Patricia and the librarians are a lot of help. Librarians are aware of the situation and when information about the library is given to students and the general public. They also do a regular analysis of the situation, said

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Patricia and the librarians are a lot of help. Librarians are aware of the situation and when information about the library is given to students and the general public. They also do a regular analysis of the situation, said

"Some Concord College students don't know what identification is needed to get a library card, and this has resulted in frustration for the students and the librarians."

Patricia Morgan

Concord Park library manager

## Resume Builder

Friendly assistance is available to provide computer help to people who have

Alzheimer Disease. Two hours a week computer training program provided (with materials upon completion).

Call Alzheimer Society at 241-1422.

least that has been signed during the course of the year will not be, said Patricia.

It's not clear how many students have been signed during the course of the year will not be, said Patricia.

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KON Consultants and University of Western Sydney, Australia

will be on-campus

Wednesday, October 13, 1999

in Room 2A301

From 3:30 pm - 5:30 pm

This is an opportunity to learn about turning your College Diploma into a University Degree in Australia!!!

## IMAGING POSTER SALE

In the Sanctuary

Wed. Oct. 27, 1999

9.00am to 4.30pm

## Classified

TRUCKS for sale

5.00-10.00 in 1000 20 24

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5.00-10.00 in 1000 20 24

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5.00-10.00 in 1000 20 24

## GLOW celebrates Coming Out Week

By Jocelyn Gervais

"Being gay and nervous" is one of the obstacles being presented by Days and Leathers of Vancouver (GLOW) in their book of Coming Out Week.

The place will be located in the downtown area of the University of Waterloo during the week of Oct. 11. The group is for everyone.

There is a group of people who will meet the leaders to support of their message in their meetings about homosexuality in the public.

"People should come out when they are ready to come out."

Steve Singer, GLOW co-ordinator

Steve Singer, GLOW co-ordinator

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Steve Singer, GLOW co-ordinator

Steve Singer, GLOW co-ordinator

which they can do today."

GLOW was by the University of Waterloo's Federation of Students for the past 20 years in the largest metropolitan university gay group in Canada. The University of Waterloo's community organization, GLOW, is a group of students who are interested in having a support group.

What I am hoping to do is just because the group is putting up

## One student shows up to discussion

By Jocelyn Gervais

The last was not, but there was not any idea.

That is the way it looks like the Cambridge's gay and lesbian community group after they had been shut out of the social life, 20 meeting.

The idea for a gay, lesbian and

transsexual support group was initiated after a few students showed up to the group's first meeting in Cambridge. Following the meeting, students were invited to a meeting for any students who were interested in having a support group.

What I am hoping to do is just because the group is putting up

the teachers, and Mark Baker, a co-ordinator with students at the University of Waterloo, is a member of the group. Baker is a student who is interested in having a support group.

Any students who are interested should contact Baker at a social meeting.



NEED MORE THAN A BAND-AID SOLUTION?

YOU CAN VISIT A NURSE  
OR MAKE AN APPOINTMENT TO SEE A DOCTOR  
AT THE DOOR HEALTH & SAFETY OFFICE (INSIDE DOOR #33)

We can also help with:

- allergy injections and immunizations
- immunization information
- prescriptions from a Doctor
- health insurance and information
- first aid
- blood pressure monitoring
- emergency referrals
- birth control counselling
- pregnancy testing
- a place to rest when you are ill

## SIGN UP FOR INTRAMURALS . . .

- Co-ed Volleyball
- Co-ed Basketball
- Contact and Ball Hockey



PICK UP A REGISTRATION FORM  
AT THE REC. CENTRE,  
DSA OFFICE OR OFF  
ANY ATHLETICS BULLETIN  
BOARD!

Captains meeting:  
Wed., Oct. 20  
4:30 PM  
At the Roost



This student is trying to win a car.

And if he doesn't run, at least he's just earned \$1,000 to help him pay for one. Not every decision will be as easy to make as getting The Old Cam! Especially when you can apply from your door. Upon approval, you'll get a free Fleet Year GM<sup>®</sup> and receive a \$1,000 bonus in Old Cam Savings!<sup>®</sup> towards the purchase or lease of a new GM vehicle. There's also an instant tax. That's right, you, make your next, like pickup items equipment for insurance, and it's here a shot to win it! Chevy Trucks, Pontiac Sedan Coupe, Chevrolet Cavalier Coupe or 1 of 36 GM Vehicles as well as getting \$1,000 Old Cam Savings! Visit us at [www.chevy.com](http://www.chevy.com) or call 1-800-4-A-CHEV for more information. Or, to apply online.



**YOU**

1999, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 2681, 26

# Get sexy

Conestoga

**GRAND OPENING SPECIAL OFFER**  
**11 TANS** only **69<sup>99</sup>** each  
STAND-UP  
 10 MINUTE  
 15 MINUTE

STAND-UP with 100 levels of BACKBROCK® tanning beds  
 10 MINUTE tanning beds with 30 levels and the  
 latest velocity bulbs for darker tanning

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**WEDNESDAY - 20% OFF ENTIRE MENU**

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 DONOVAN BAILEY, JOANNE MALAR,  
 MIKE MORREALE, PAUL VASOTTI,  
 MIKE O'SHEA, STEVE PRICE,  
 STEVE STANIS, CHRIS GLOSKO,  
 WIL ST. GERMAIN, MIKE VANDERLUST,  
 & JARRETT SMITH

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# K-W offers many fitness clubs

By Tasha Pearson

Students want to get in shape and to keep the fitness class at Conestoga College.

For those working towards the diploma, there are a number of fitness classes that can help and provide a challenge.

During the 30 days classes will be held every Monday and Wednesday at 11 a.m.

The program costs \$10 a week and includes a membership fee.

But for those who want to work on off campus, there are several fitness clubs.

Good Life Fitness Club located at 12 Westfield St. has a variety of membership plans designed to suit individual needs.

Executive Director of Good Life Fitness, Michael Reynolds, says that members choose a plan depending on their fitness goals.

The cost of membership varies according to the number of students in the class.

Reynolds says that students, teachers and parents, who are like the fitness professionals of fitness and health.

Students can enjoy classes and workouts in the Good Life Club. There is a gym, which is open 24 hours a day, at 707 Baker St.

Membership costs \$10 per



Also shown is a first year management studies student, Michael Good, who is Conestoga's weight room. (Photo by Tasha Pearson)

month and students pay \$10. There is a \$100 registration fee. Personal trainers are available to help with exercises, and there are also a number of fitness classes available in the fitness room.

The fitness room at Conestoga College is located at 111 Conestoga Ave. and membership costs \$10 per month with a \$100 registration fee.

It offers various fitness classes, including group and individual workouts, along with a variety of equipment and a variety of fitness classes.

The club also has a swimming pool, weightlifting room.

Several classes are available and there is a variety of fitness classes.

Conestoga and Conestoga is a top fitness club.

There are also fitness classes available.

Class equipment can be used properly in the fitness room, the club.

There is a variety of fitness classes available in the fitness room.

The cost of the membership varies according to the number of students in the class.

There is a gym, which is open 24 hours a day, at 707 Baker St.

## COUNSELLOR'S CORNER: DEPRESSION

Most of us have experienced waking up in a bad mood or "feeling the blues." These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness, loneliness, hopelessness, self-doubt, and pain for weeks, months and even years. These experiences characterize depression, an illness believed to affect one in ten.

Here are some signs which might indicate that you or someone you care about is experiencing depression:

**FEELINGS** - Loss of joy in formerly pleasurable activities, crying a lot or feeling consistently "empty," hopelessness, worthlessness, loss of interest in life, loss of interest in sleep, loss of interest in sex or self-care.

**PHYSICAL** - Overwhelming exhaustion and lack of energy, weakness in the legs, loss of appetite or the opposite, physical aches and pains, digestive problems, headaches.

**BEHAVIOUR** - Irritability, withdrawal, neglect of responsibilities or appearance, reduced ability to concentrate, confusion or rage with daily activities. If these symptoms persist, or if their intensity is causing you to consider suicide as an option, it is important to seek assistance with a knowledgeable professional. On campus, counselling is available in Student Services (2400), a nurse and doctor are available in Health & Safety Services (outside door 10).

Pick up a free brochure at our display table (just inside door 10) during the week of October 11.

A free presentation, "Preventing Suicide," will help you learn ways to identify signs of suicide and what you can do to help yourself or a friend.

Wednesday, October 14, 1998  
1:30 - 2:30 p.m.  
Room 1015

A Message from Student Services (Room 1002)

## Boxercise: a new choice for fitness

By Tasha Pearson

People who are bored with traditional fitness classes or looking for something different may want to try the latest trend in fitness clubs.

Boxercise is a workout that combines boxing, martial arts and aerobics. Upper cut, hook and jab punches are combined with cardiovascular fitness and self-defense.

The workout class is typically held in the evenings of The Box, a community fitness club, and is open to all ages.

Boxercise is a fitness club that combines boxing, martial arts and aerobics. Upper cut, hook and jab punches are combined with cardiovascular fitness and self-defense.

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The Box is a fitness club that combines boxing, martial arts and aerobics. Upper cut, hook and jab punches are combined with cardiovascular fitness and self-defense.

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# Condor sports briefs

By Mike Farlow



Falcons' Miller (front) searches the ball from an unidentified Panthers player in women's varsity action. Sept. 27. (Photo by Angela Caplan)

## Falcons slam Condors

By Angela Caplan

Despite a valiant effort, the Condors women soccer team failed to put the foot in the lion and lost 1-0 to the Panthers Falcons Sept. 27.

Leading in score goals was a problem for both teams, said Falcons coach David Peck.

"The unfortunate part about the game is that we can't score goals," he said. "The game being close is not [Condors' or Falcons'] fault either."

Condor coach Geoff Johnson agreed that said they "may" choose that to be made as the whole game.

Peck and the girls were well-matched but with the opportunity both sides had, the sides should have been about 10-0.

Peck and Johnson say still considering factors Johnson

said. The team had played more games in that week.

Peck said in that game Falcons who played all games in more than that time who take it. "We don't know how to get them off of their feet," he said. "We can't win in that week."

Johnson said, "You can win the way who plays through the defense or through high action, but in that week, they're really in great shape."

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Condors' Condor Lisa Marshall (left) and an unidentified Panthers player chase after the ball. (Photo by Angela Caplan)

For the week of Sept. 27 — Oct. 1, Condors' Condor women soccer team will play as follows:

### SOFTBALL

In women's softball action, the Condors will have three home games by competing against Cal State Fullerton, Cal State Fullerton, and Cal State Fullerton.

Home-team scores were: Cal State Fullerton 1-0, Cal State Fullerton 1-0, Cal State Fullerton 1-0. Home-team scores were: Cal State Fullerton 1-0, Cal State Fullerton 1-0, Cal State Fullerton 1-0.

The women's football game was played on Oct. 2 against Cal State Fullerton. Scores will appear in next week's paper.

### HOCKEY

In men's hockey action, the Condors will have three home games by competing against Cal State Fullerton, Cal State Fullerton, and Cal State Fullerton.

Home-team scores were: Cal State Fullerton 1-0, Cal State Fullerton 1-0, Cal State Fullerton 1-0. Home-team scores were: Cal State Fullerton 1-0, Cal State Fullerton 1-0, Cal State Fullerton 1-0.

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## Varsity men's hockey team gets new look

By Mike Farlow

Condors' men's hockey team has just made its debut in the varsity level. The team is now a varsity team.

Although the team is new, the team has been playing since its first season. The team is now a varsity team.

The team has already won three of its first four games. The team is now a varsity team.

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"This is great for the hockey and I'd like to get them out to meet these guys' in."

Mike Farlow

The team has already won three of its first four games. The team is now a varsity team.

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to challenge Condors.

The team, which called the game with just over a 100-minute game, the school on their place in the game and championships and several in the playoffs.

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By now, it's believed they were invited because of Condors' good relationship with the best Western universities and their status.

It will be a tough challenge for the team as it is the Condors' first.

The team's success in the Macdonald game will depend on the team's ability to win the game.

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